



Par-ent: (pâr.ent), verb – to set limits, communicate expectations and enforce consequences.

Booster seats

Bike/skateboard helmets

Curfews

Sleepovers

Enforcing family rules starts early

Parenting *is* prevention

Parenting for Prevention Tip #3
Kindly offered by the BAY Team
Barrington's Substance Abuse Prevention Task Force
<http://www.Barrington.ri.gov>

Think a cell phone is just a phone? Think again...

- 11% of US 6-8th graders has been electronically bullied.
- Middle school students now use camera phones to distribute inappropriate photographs online.
- Kids can access the Internet and email via some cell phones without parental knowledge.
- Many kids would rather receive a text message than a phone call from parents. It can be a great tool to help you stay in touch.

A cell phone is a privilege –keep your children safe
know your options, set limits,
request records of calls and text messages with your bill



OR



Which will your teen choose this weekend?



The more a student uses alcohol,
the lower his grade point average



Drinking alcohol decreases the
probability a student will get an "A"



Alcohol use amongst "D" students
is 3 times higher than that of "A" students
(VT YRBS 2005)

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Set limits and enforce consequences such as curfews
Support stronger underage drinking policies in our schools and communities

Parenting for Prevention Tip #5
Kindly offered by the BAY Team
<http://www.Barrington.ri.gov>



Make connections with other parents to keep our teens safe...

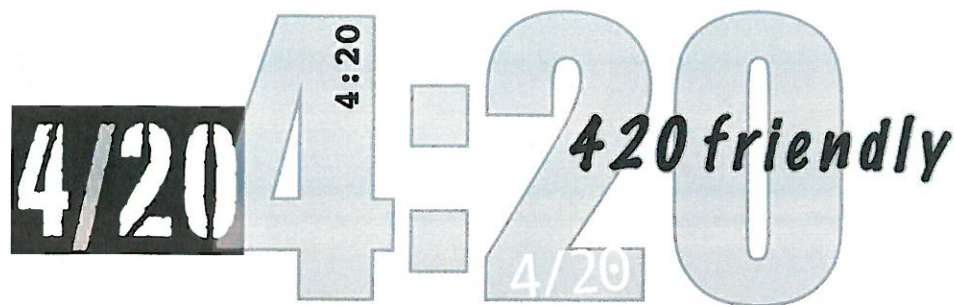
- Decrease opportunities for teens to be unsupervised
- Call parents if their home is to be used for a teen party; get assurance that no alcohol or other drugs will be at the party
- Invite parents of your teen's friends over to share ideas and strategies
- Agree with other parents on a common curfew for your teens

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Parenting for Prevention Tip #6

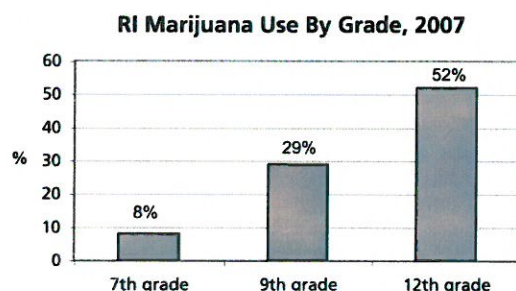
Kindly offered by the BAY Team
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Do you know the significance of these numbers?

They are code for marijuana use

- Today's marijuana is much stronger than in the past, is often laced with other drugs, and contains the same carcinogens as tobacco
- Marijuana use leads to poor academic, social and athletic performances
- Marijuana use is less common among adolescents with strong family relationships, close supervision, high academic expectations, and religious faith (Up to Date 2008)



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Parenting for Prevention Tip #7

Kindly offered by the BAY Team
Barrington's Substance Abuse Prevention Task Force
<http://www.Barrington.ri.gov>



1 out of 5 teens uses prescription drugs without a doctor's order

What can you do?

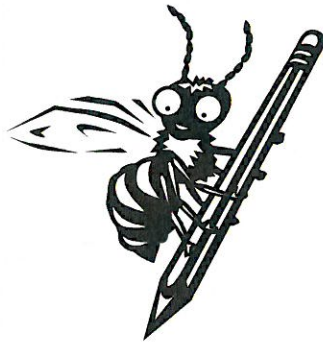
- Safeguard all drugs at home. Monitor quantities and control access
- Set clear rules for teens about all drug use, including not sharing medicine and always following the medical provider's advice and dosages
- Be a good role model by always following these same rules with your own medicines
- Properly dispose of old or unused medicines by concealing them in the trash by mixing them with coffee grounds or kitty litter
- Ask friends and family to safeguard their prescription drugs as well

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Parenting for Prevention Tip #9

Kindly offered by The BAY Team
Barrington's Substance Abuse Prevention Task Force
<http://www.Barrington.ri.gov>



Ease into stress-free school days

Help your student be happy and academically successful

- 2009 data from Barrington schools shows an association between substance use and grades. Remind your child that the use of illegal substances could jeopardize their academic performance.
- Set a good example. Young people develop their coping strategies by watching parents. If parents use alcohol or smoking to relax, kids may imitate these behaviors.
- Exercise, adequate sleep and a healthy diet can help students achieve academic success. Work together to establish healthy routines including healthy family meals.

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Parenting for Prevention Tip #13

Kindly offered by The BAY Team
Barrington's Community Prevention Coalition
<http://www.thebayteam.org>



Sleep is food for the brain

Lack of sleep is associated with poor grades, acne, inappropriate behavior, and obesity

- 7-12 year olds need 10-11 hours of sleep/night; 13-22 year olds need 9-10 hours sleep/night
- Adolescents naturally fall to sleep later and must rise later to obtain proper sleep amounts
- Establish a consistent bedtime routine even on weekends
- Eliminate light sources in bedrooms such as TV's and computers
- Avoid caffeine from soda, energy drinks, and chocolate, especially later in the day
- Try to exercise earlier in the day

Visit www.sleepfoundation.org
for more information

Parenting is prevention



*The Barrington Adult Youth Team
Against Alcohol and Drug Abuse*